LET A HUNDRED FLOWERS BLOSSOM—LET A HUNDRED SCHOOLS OF THOUGHT CONTEND

HUNDRED FLOWERS

YEAR 1, NUMBER 16 | A NORTH COUNTRY WEEKLY | FRIDAY, AUGUST 14, 1970
SPECIAL PULL-APART-TO-READ ISSUE

LIBERTY 25¢ 1776

MINNEAPOLIS SPEC COLL PUBLIC LIBRARY

Chemical Poisons in Your Meat and Fowl

2 synthetic hormone drugs, testosterone, given to beef, and stilbestrol, given to chickens, are running rampant. Producers fatten the chickens with weight increases up to 20 per cent, primarily fat and water.

Given in pellet form, they are often caught in the throat, increasing the potency of the poison.

Stilbestrol is banned in Canada.

These drugs cause cancer, especially of the reproductive system in females and causes impotency in the other sex.

Many animals are sickly and are treated with antibiotics. Antibiotics means anti-life--these drugs kill bacteria, but also kill live' cells.

Sausage casings contain rubber.

Boric acid is dusted on hams.

Sulphurous acid is used to cover stale meat to make it look redder.

JUST SHORT ONES

A NEWS SERVICE

LNS UPS

THE UNDERGROUND WHITE HOUSE HIDEAWAY STY

Washington (LNS)--One of the most secret installations in the United States lies just 60 miles west of Washington D.C. on the border seperating Clarke and Loudom Counties in rural Virginia.

The installation is called by area residents either the "little pentagon" or the "underground White House" or the "alternate White House.

There, on route 601 which stretches along the rounded tops of the Blue Ridge Mountains parallelling the Appalachian Trial and which connects routes 7 and 50, sits the shadow government that would control the United States in the event of nuclear attack, or in the event of armed insurrection.

Also there, in this installation that used to be called Mount Weather rest the potential for an all encompassing coup by either a right-wing administration oe the military. The apparatus already exists.

The installation itself, except for camouflage surface buildings and a heliport, hides totally within a hollowed out mountain. A chamber four blocks long by two blocks wide and from 40 to 80 feet high houses the military command-communications center. It is complete with streets sidewalks, curbs, manholes, three-story buildings and enough traffic leeway to easily maneuver a tractor trailer around; in short, it is a military city. This subterranean compound has offices, residences, hospital, cafeterai, an underground lake as its water supply (so large a person could waterski on it), its own power supply, a radio-active decontamination center and entrance tunnels protected by 34 ton blast doors.

Should a nuclear attack strike, or even more likely in this age of turmoil, an armed uprising of the people into revolution, key figures from Washington and the Pentagon in Arlington, Virginia, would helicopter to this installation, seal themselves inside, and conduct the war.

In the event that these higher-ups fail to reach the installation, personnel (not elected by anyone not constitutionally provided for) would assume direct control and would wage the internal and external warfare.

LNS/ Quicksilver Messenger

SENATE PASSES WOMEN'S RIGHTS PROPOSAL:

A SISTER SAYS:

Thank you massa Sam for my rights. Just what I've been waiting for. O happy moment! Now as I am about to have equal rights, my mind explores the glorious opportunities open to me.

-At last, I too can be top dog oppressor to millions of Vietnamese, Laotians, Cambodians, etc., etc., etc., along with Amerikan males.

-At equal pay, I will now be an equal contributor to the war economy.

-If I find a job, I will be equally priveleged to become a machine,robot, cog in the Big Wheel, lose my identity and humanity as my husband already has.

-For my black sister there will be double joy. It will soon be impossible to discriminate against her because of sex, in the same way as she has been liberated from racial discrimination by a previous amendment.

Praise be the Lord for the privilege of being equal in this decadent society!

LIBERATION=REVOLUTION, NOT REFORM
STAND FAST MY SISTERS
"IT IS BETTER TO DIE ON YOUR FEET
THAN LIVE ON YOUR KNEES."
-La Passionaria

Your sisters,
Vivian, and Lucille

PEACE FAIR AT NSP ??

NARK LIST RIP

FREEP.

-The LOS ANGELES FREE PRESS has been convicted of recieving stolen property. The property? A complete list of L A narks plus home adresses, telephone numbers, and zip codes. The list was published on the front page of the LA FREEP a few months ago.

FOLK-ROCK-FEST

MANKATO MUSIC FESTIVAL

Key City Ball Park will be the scene this Sunday of a folk rock music festival featuring Steiner, Bailey and Knauff, and other local GOOD groups from the area. The best part is the admission: Only $1.00. Music starts at 2pm. and continues until 9pm. Key City Ball Park is on Hi-way 14E just outside of Mankato. -Just a short drive from the Twin Cities.

ROBIN HOOD CAPTURED

URUGUAYAN REVOLUTIONARIES KILL IMPERIALIST COP ADVISOR

As you probably know from the pig media, Dan A. Mitrione, a "U.S. official" in Uruguay was killed on Monday 8/10 by the Tupamaros. The Tupamaros are an urban guerrilla Robin Hood style revolutionary group that is dedicated to the overthrow of the U.S. backed Uruguayan government. The Tupes had captured Mitrione along with another U.S. official and a Brazillian diplomat (from the fascist clique that misrules Brazil) and were holding them in order to force the release of 150 political prisoners.

The establishment would like us to believe that Mitrione was a nice American trying to help the poor underdeveloped Uruguayans as an official of USAID (Agency for International Development).

USAID is an agency of U.S. imperialism that supplies advisors of all kinds to corrupt third-world governments. Mitrione was a "Public Safety Advisor". In other words, he trained and directed the cops. The Mitrione affair has put an awkward spotlight on U.S. police activities abroad. U.S. aid to Uruguayan police has included helmits, riot control equipment, and a complete radio network to aid military and civilian pigs in working more closely together. Local papers in Uruguay carried accounts of the outfit to which Mitrione belonged. They are stationed in teams in 15 nations in Latin America to advise and train police forces in crushing people's rebellions.

In Brazil English speaking cops are known to have participated in marathon torture sessions of political dissidents. The Public Saftey Advisors were also in volved in the recent murder of USAID backed police. (In a raid the night before Otto Morales by Uruguayan revolutionary leader Otto Morales was killed, during which pigs machine-gunned an apartment building for two hours, people in the neighborhood said that the cops were taking orders from a civilian who carried a machine-gun and who spoke with a strong foreign accent, occasionally using English phrases.)

Good old American Dan Mitrione - who, by the way, was once the police chief in Richmond Indiana - was a good target for the Tupes, but it appears that Uncle Sam considers his pigs to be expendable in the fight to keep the world free for U.S. corporate investment and exploitation. The Uruguayan Congress has voted to suspend all civil rights in that country for 20 days and they are still holding those 150 comrades.

(from LNS bulletins)

FEEDBACK ON: CHARLIE MANSON

A recent article in 100 F's asserts that Charlie Manson is a revolutionary who erred only in acting ahead of his time. We disagree. Charlie Manson ought to be thoroughly rejected as a revolutionary model.

Consider the "Family" Manson built. "The Family" seems to be an individual ego-trip for Manson its stability is the worship of Manson by the other members. As such, it was much more of a cult than a collective. Certainly, "the Family" was appallingly sexist, like the realiaation of some stud dream of a harem of girls to satisfy his every sexual need. Also girls that would kill for him.

As for the murders, we ought to avoid mythologizing them and call them what they are, murders. One of the ruling class' methods of control is "doublethink": The Dept of War becomes the Dept. of Defense. We should not distort the word murder to become "revolutionary action." No revolutioary purpose is served by stabbing someone 60 times--that can only be the acting out of the violent and brutal fantasies the author attributes to the ruling class.

In short, Manson is no more a revolutionary than Gen. Westmoreland, who orders others to do his murder; or George Patton II who "loves to see those arms and legs fly" in Vietnam; or all the billions and generations of men who have used women to satiate their own violence and sexuality. Rather than a revolutioary, Manson is the logical development of the existing social structure.

Colfax House (MPLS.)

CYCLAMATES AND LOW-CAL FOR THE STARVIING

VIENTIANE, LAOS ((LNS) Sixty thousand casees of Carnation Slender, a cdrink withdrawn from the Urnited States market becausee it contains cyclamates, have been shipped to feecd war refugees in Laos.

Norval Hadley, director of World Vision, a liberal relief organisation, said an official of the Food andDrug Administration assured him the drink would not be harmful. A spokesman for Carnation Company who donated the drink said, "We gave this product before the sale of it in the U.S. was banned. We gave Slender for humanitarian purposes."

Hadley claims that while cyclamate sweetner products were banned in the U.S. for fear they may be cancer producing, no such danger "applied to underfed people."

EDITOR'S NOTE: why send low calorie food to starving people???

THE VOICE OF VIETNAM

HAVANA (LNS) -- You can hear the "Voice of Viet Nam" broadcast daily in English to the American people -- the official voice of the Vietnamese people in their struggle to expel the United States occupation forces -- bringing you news, commentary, documents of war, plus special cultural programs from Vietnam and the peoples of Indochina.

"The Voice of Vietnam" is beamed northward by y the transmitters of Radio Havana in Cuba at 9:10 pm., 10:40 pm., and 11:40pm. CDT on three different frequencies: at 9.525 mc on the 31 meter band, at 11.970 mc on the 25-meter band, and at 17.715 mc on the 16-meter band.

NAZI AMERIKA

BUFFALO, N.Y. (LNS) -- During World War II, Walter Dornberger was a general, and, like most of the Big Brass of the officer caste in the Army, he retired to become a top executive for one of the big corporations in Amerika. Walter Dornberger is now an executive vice president for Bell Aerosystems in Buffalo and resides in Boston Hills, a rich Buffalo suburb.

The only thing distinctive about this story is that Walter Dornberger was a Nazi General. Walter Dornberger, like Werner Von Braun and other Nazi bigwigs, now resides and makes good money here in Amerika, while many Panthers and others fighting against Amerikan facism reside in prison.

RETRACTION

-Apologies to Danny Steven's (of 'Reason's and Depot) for the discrepancy in last weeks issue. In a review of the Minnesota 8 Benefit it was mentioned that Danny hesitated in letting two gay males (dressed as women) into the Depot. In talking to Danny this week he brought up that he knew nothing of the incident until reading Flowers. Turns out that it was one of the Depot's managers. Danny commented that he will let anyone into the Depot unless they are under 21 and it's a drinking nite.

BIG BROTHER IS LISTENING

For the first time in Minnesota's history, a court-approved, legally-sanctioned wiretap was used last week.

The County Attorney intends to use evidence gathered as a result of the tap to hang 10-20 year prison sentences on eight people.

Since narcs netted $25,000 worth of Mexican weed and a trip drug (dealers say mescaline, cops LSD), in a Sunday afternoon raid on two houses, the defendants won't try to prove they didn't have any dope.

Instead, they'll test the constitutionality of the 1969 State Wiretapping Act, which authorizes judges (in this case Tom Bergin, who was appointed to the bench thanx to political pals after losing the election) to permit wiretapping if a policeman could be injured investigating the case.

If the constitutionality of the act is upheld, wiretapping of anyone's (or everyone's?) home could follow--after all, people who spy on and lie to their brothers and sisters tend to feel a bit paranoid.

At press time Thursday, six of the eight were out on bail, charged with possession of marijuana and LSD and conspiracy to sell narcotics. They were also bummed out by three days of dealing with law enforcement officers, judges, lawyers, laws and media, agents of Amerikan repression.

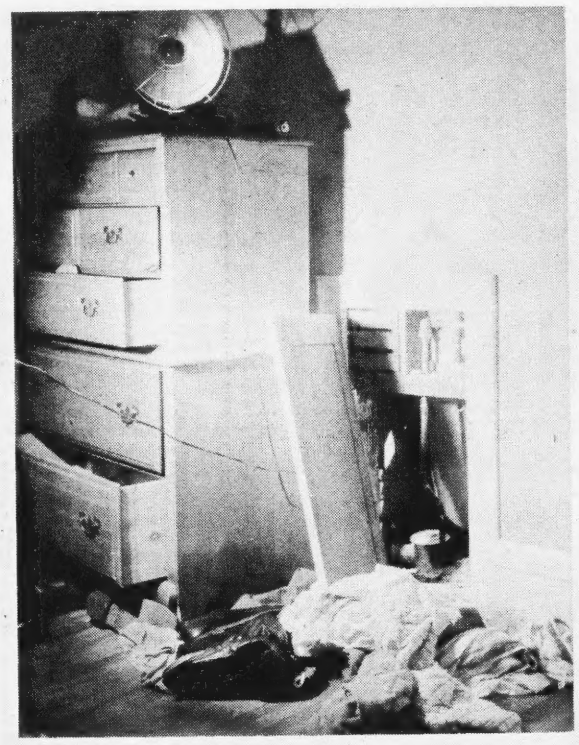
Four of them dropped by Hundred *Flowers' offices and told us what* happened:

--A guy came over to their place of business, said he'd just seen a good friend of theirs on Lake street, who had told him that he could come to their place to cop some dope. They knew the friend was on Lake Street at the time, so they figured he was not a security risk.

They smoked with him, and a good time was had by all.

He visited three or four more times. They shared their house, their drugs, and their food with him, and gave him grass to take home.

He acted as a brother. He turned out to be working for the sheriff.



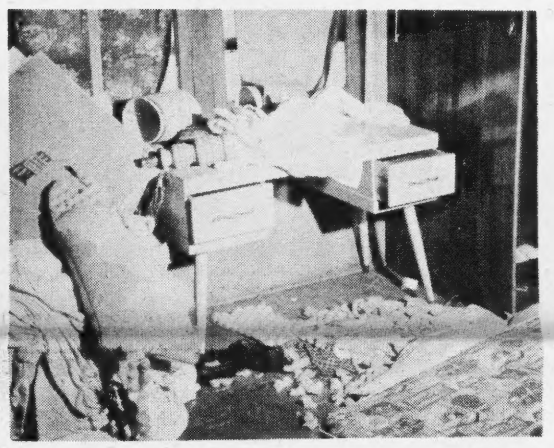
Billings came up and recited the rights of the arrested in incomprehensible speedtalk, pointed a finger at each, and said, "Do you understand?" They didn't, but they were mind-blown, so they said they did.

The rest of the narcs came upstairs and began "searching" thru the rest of the house. They casually perused desk drawers, opened envelopes and read letters.

If you wanna know how the Minneapolis Police can turn your house into a pig sty in a matter of minutes, check out the pictures on this page.

Meanwhile, another crew was going thru the house behind 1210. They found four people who were just hanging around. They also found the trip drug, so they took all eight to jail, some barefoot, some shirtless.

The usual (for freaks) maximum 72-hour wait fore charges was boring and nervewracking, as usual.



Richard (memorize the physical description of this pig, printed at the bottom of the page) came over about 3 p.m. Sunday, went directly to the newly-arrived grass stashed in the basement (he'd earlier said he wished to sample to buy) and split.

15 minutes later, the notorious narc Wayne Billings, followed by 4 or 5 longhairs, in their early twenties, wearing sandals, shorts or jeans, guns in hand, barreled through the back door of the house at 1218 W. 28th.

They didn't knock.

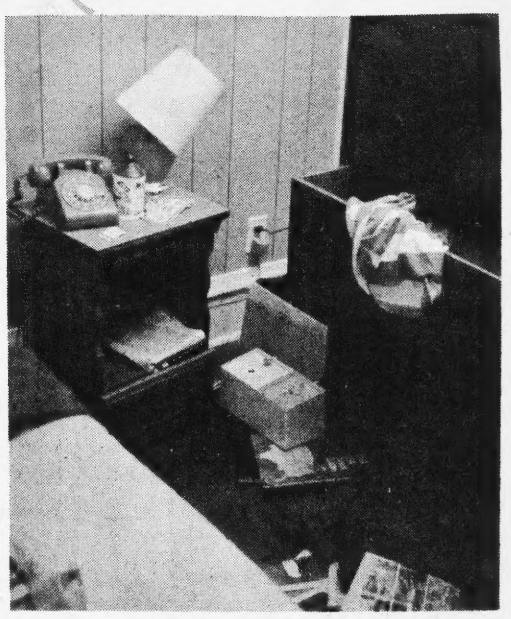
They had no warrant.

They didn't identify themselves as police officers.

They just said "You're under arrest," and grabbed Ron, Max, Ron and Larry.

Meanwhile, the squad at the front door was having no luck knocking it down, so they threatened to shoot it down.

Since the prisoners were



handcuffed and seated by now, they were unable to open the door. One of Wayne's buddies yelled "Don't shoot, it's us", and had them come around back.

Then the whole troop filed downstairs, where they oohed and aahed over the 148 keys they found there. Finally, one of them walked upstairs and yelled down "Has anybody informed these people of their rights yet?"

He threw his wallet on the kitchen table, 4 ft. away from the prisoners. It flopped open in true FBI-issue style to reveal a bright shiny badge. He picked it up and put it away.

By Wednesday, hearing day, they'd hired a lawyer--and a $4,000 a case lawyer at that: Ron Meshbesher, the same man that landed Jefferson Airplane copilot Marty Balin a suspended sentence for copping a plea.

The judge, responding absent-mindedly to the County Attorney's recommendation of $10,000 bail, said "Yea, I've read about it in the papers..." Meshberger was hanging over the bench, waiting for the rest of the sentence... "Oh, forget it" Judge Riley said, averting a mistrial motion.

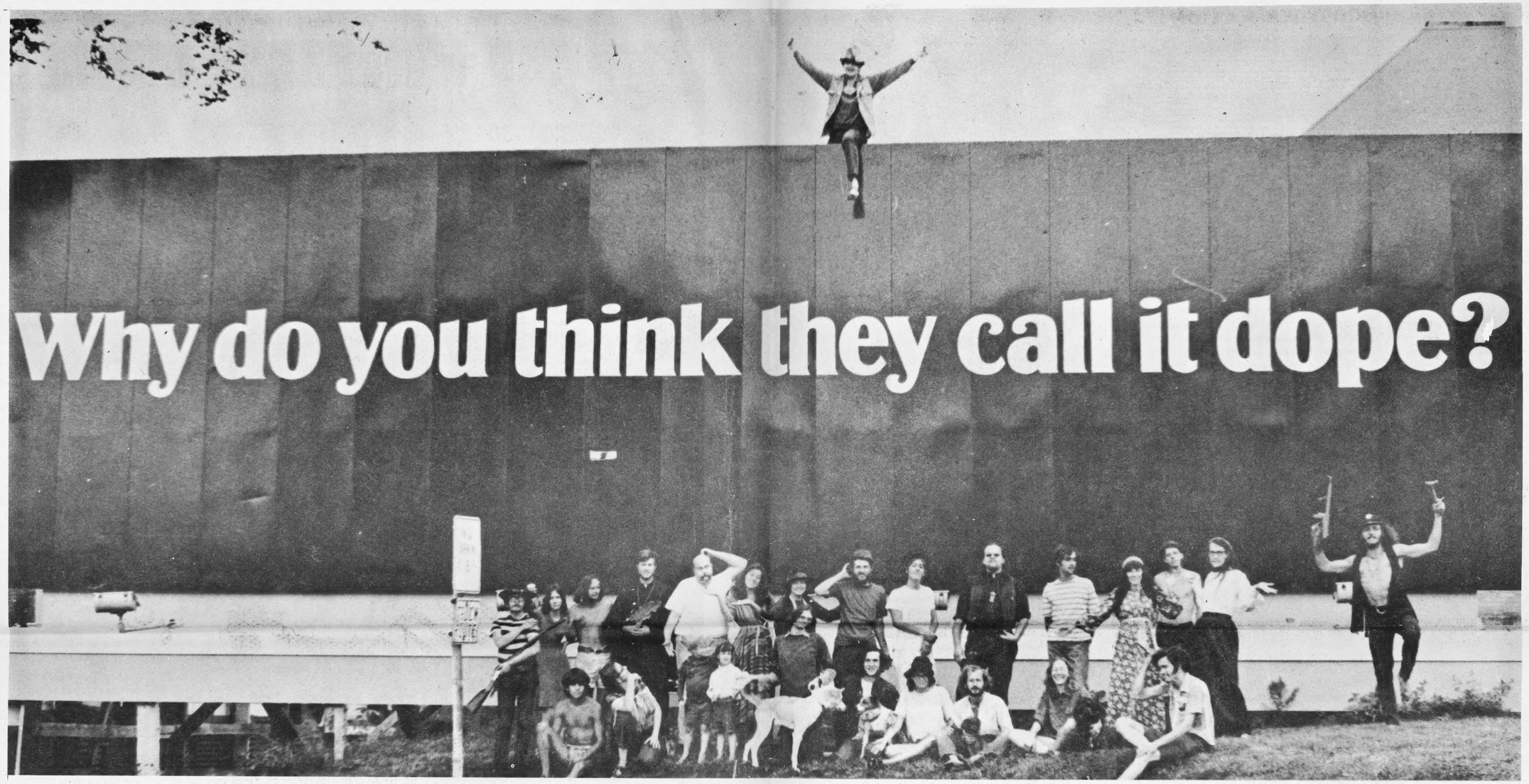
In a closed-chambers conference with the judge, Meshbesher succeeded in getting bail halved--his clients don't know how.

Those who are "free" on bond are frantically trying to raise money. They want to get the others (who couldn't buy a bondsman's help for various reasons) out of jail, and they need lots to finance their defense.

Ray Crawford, who rents one of the busted houses, told the story for the group. He's been offered the Depot for a night, rent-free, for a fund-raising benefit, and would like help for him and his friends.

THE MAN WHO INFORMED ON THE 28TH STREET EIGHT

NAME: first--Richard last--begins with Kosa
HEIGHT: about 6 feet
HAIR: Black, curly, combed straight back
OBVIOUS PHYSICAL CHARACTERISTICS: Has a big eagle tattooed on his right arm, with a bunch of bumps or blemishes over the tattoo. The tattoo is just visible below the short sleeves of the grey T-shirt he wore often.
HE IS A KNOWN INFORMER. DEAL WITH HIM ACCORDINGLY



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Special thanks to Pine distribution of Chicago for this week.

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SPECIAL SUPPLEMENT

SERVE THE PEOPLE!

WE RELATE TO THE LIBERATING POTENTIAL OF MARIJUANA, HALLUCINAGENICS, ETC. FOR BOTH THE MIND AND THE BODY POLITIC. THESE DRUGS INSPIRE US TO NEW POSSIBILITIES IN LIFE WHICH CAN ONLY BE REALIZED IN REVOLUTIONARY ACTION. AS A LOVING COMMUNITY WE DISCOURAGE THE USE OF HARD DRUGS BECAUSE WE BELIEVE THE PIGS WOULD RATHER HAVE US SHOOTUP THAN AT THEM. WE WILL DISTRIBUTE DRUG INFORMATION AND REGARD ADDICTION AS A SICKNESS THAT NEEDS TREATMENT RATHER THAN PUNISHMENT. AT THE SAME TIME, WE MUST PROTECT THE PEOPLE FROM NARCS AND BURN ARTISTS. DRUG BUSTS WILL BE DEFINED AS POLITICAL AND WE MUST DEVELOP ALL NECESSARY DEFENSE FOR THOSE ARRESTED.

-- no. 4 WE WILL PROTECT & EXPAND OUR DRUG CULTURE,
from the North Country Liberation Front Program.

NORTH COUNTRY LIBERATION FRONT DOPE SHEET

THE PANTHERS ON JUNK IN THE GHETTO

NEW YORK (LNS) -- Michael Cetewayo Tabor, one of the Panther 21, took the witness stand during the second week of the Panther 21 trial and told Judge Murtagh, DA Phillips, and the rest of the people in the courtroom about the M-14 rifle, the two shot guns, one of them sawed off, and the P-38 pistol he kept in his Manhatten apartment. He told how he came to be a Black Panther and had taken up arms. The black people in the audience heard him describe their own life histories, the history of the black colony. It was as if the Judge and the DA weren't there, as if they didn't matter.

For five years, from age 13 to age 18, he was addicted to heroin, to "the plague." He was a high school drop out, a street kid. His whole life revolved around getting a fix, getting off, getting high. He became a member of the "cloud nine society." At thirteen he was "desperate and depressed" and began shooting up to escape the pain.

Tabor described drug addiction as a social problem; he defined it in relationship to the Mafia, to police in the colony, white youth and pot, international big business, oppression and injustice. He told the courtroom audience how heroin had "obliterated the ugly realities of ghetto existence." It closed his nostrils to "the stench of urine-soaked tenament dungeons." It made him "deaf to the screaching sirens of pig police cars as they raced through the black jungle in response to the cry of another police car in distress." Heroin supplied the "need to escape oppression." It sapped the energy to rebel.

In most court cases when a defendant is questioned by the district attorney about prior arrests he refuses to testify. His lawyer argues that he should not be judged guilty or innocent in the present matter on the basis of past cases. But Michael Tabor admitted to his previous arrests. He told how he robbed and mugged so that he could get a fix. But he never stole from black people, although he admitted that most black addicts steal from black people. Every place south of 110th Street, he said, was "part of the Mother Country"; territory where he robbed furs and jewelry.

DA Phillips tried to depict Tabor as a habitual criminal, but Tabor's sense of what constitutes crime is completely different from Phillips'. He said that crime is "exploitation of poor people by filthy rich pigs." Phillips shook his head, snorted, stamped his feet. When Phillips asked Tabor how often he had been in jail he answered, "I have been in a penal institution for the 23 years of my life. All of America is a State prison." "That's not what I meant by prison," Phillips observed.

But Tabor had quit being an addict. He had stopped stealing in order to buy heroin. He told the audience how Malcolm X's Autobiography had hit him like a thunderbolt; it gave him "a new outlook on life." And then Tabor became a Black Panther. He became convinced that the only way to end the plague, to end addiction was to make the revolution. As a Panther he would kick two habits -- heroin, and acquiescence before the white oppressor.

Tabor said that heroin was used by the society to kill off black youth, to kill off revolutionaries. "Capitalism plus dope," he said, "equals genocide." He noted that getting blacks hooked on heroin was getting them "to pay for their own extermination." It was "death on the installment plan."

Before he was arrested on April 2, 1969, Tabor worked on the Panther Breakfast program to feed black children, and for the Liberation School to teach black children to read and write. On April 2nd the police came to his apartment. Rosamond Bennett, his wife, answered the knock on the door. An officer said that there had been a noise complaint, and he was checking it out. Rosamond Bennett refused to open the door. The policeman showed no search warrant, no warrant for Tabor's arrest.

When Bennett didn't open the door the police kicked it down. Inside, Tabor was standing before them, his fingers spread wide to show he was unarmed. He was thinking of Bobby Hutton getting killed by Oakland pigs, and Cleaver getting shot in the leg.

"Were you afraid, were you nervous?" Phillips asked.

"No," Tabor answered.

"You mean to tell me that the police had a gun on you and you were unafraid?" the DA questioned.

"Yes, that's right," Tabor replied. "I had a gun drawn on me by a white cop when I was six years old. I've developed an immunity to police drawing guns. It's standard form in the ghetto."

A policeman handcuffed him, placed him face down on the kitchen floor and put a shot-gun on his neck. "Make a move, black bastard, and I'll blow your head off," he told Tabor.

...Why does a black man become a Panther? For Michael Tabor, joining the Panthers meant surviving, it meant becoming "a socially productive human being." It meant "getting high off the people," not off heroin.

I SAID GODDAMN GODDAMN THE PUSHERMAN

YOU KNOW I'VE SMOKED A LOT OF GRASS
OH LORD I'VE POPPED A LOT OF PILLS
BUT I NEVER TOUCHED NOTHING MY SPIRIT COULD KILL

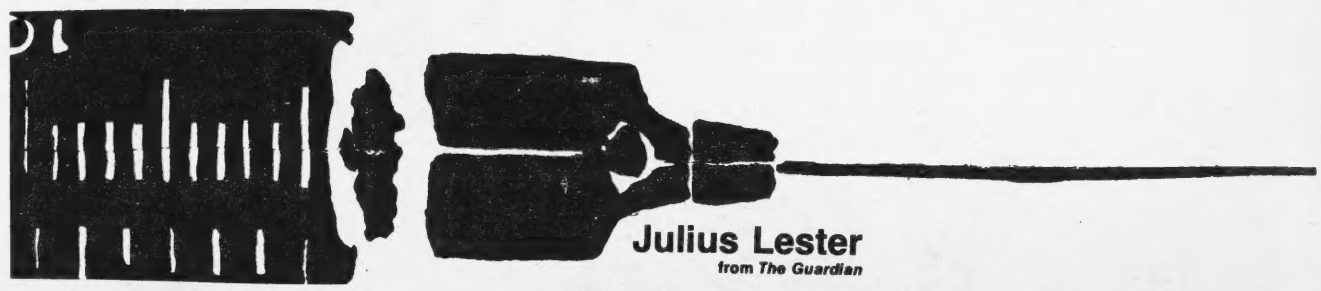
YOU KNOW I'VE SEEN A LOT OF PEOPLE
WALKING ROUND WITH TOMBSTONES IN THEIR EYES
BUT THE PUSHER DON'T CARE IF YOU LIVE OR IF YOU DIE

GODDAMN THE PUSHER I SAID GODDAMN GODDAMN THE PUSHERMAN

YOU KNOW THE DEALER IS A MAN WITH A LOT OF GRASS IN HIS HAND
BUT THE PUSHER IS A MONSTER-THANK GOD HE'S NOT A NATURAL MAN
THE DEALER FOR A NICKEL WILL SELL YOU LOTTSA SWEET DREAMS
AH· BUT THE PUSHER WHEN YOU BUY IT WILL LEAVE YOUR MIND TO SCREAM

GODDAMN THE PUSHER I SAID GODDAMN GODDAMN THE PUSHERMAN

HARD STUFF



Julius Lester
from The Guardian

GET HIGH OFF THE PEOPLE

The police, the city and federal governments, and Richard Nixon (the great priest-pig) are all doing their damndest to encourage the spread of heroin amongst us. If this seems fantastic, remember that it is common knowledge that the shit the cops confiscate in busts finds its way back onto the streets. There are lawyers with proof of this in their hands right now. The detectives and other pigs do not and could not sell dope so consistently without the knowledge of the chief of Police. The little pigs do it for bread, the chief allows it for other reasons entirely. He acts under the orders of the federal government, and is supposed to be implementing Nixon's push against 'Drug Abuse.' But if Nixon is trying to end the Smack traffic, then why do the pigs only bust kids? Every time I'm arrested for one diddly-shit thing or another the cops who interrogate me brag that no major shipment of any dope comes in without their knowing it. Of course they are far too stupid for that to be true, but the syndicate and the cops are so chummy (one hand buys the other) that at least some of the big shipments must be common knowledge on the force. Yet they seldom hit the big men—and we know that they know who 'Mr. Big' is, but they aren't about to bust him.

This all means that Nixon and lesser officials are either bought off or have political reasons for wanting Smack in our community. Probably both are true. The potential revolutionaries in the black community, the street people, have been completely torn apart from within by heroin. Those who would have been the heaviest motherfuckers in town, instead of fighting cops or creating unrest, have been desperately killing and stealing from each other in order to feed their habits. This is how Harlem in New York City is controlled. This is how Watts and Philadelphia's black areas are kept impotent. And this is part of the way that Haight-Ashbury was changed from one of the finest places in the country to go and free yourself into a ghetto where, in the first months of this year, there were 24 murders, many more deaths from disease, girls raped, and freaks beaten. The Haight presented a real threat and was dealt with.

Besides destroying a society from within, Smack also provides the police with the best of special informants and agents, people from the community itself. A narcotics detective catches some strung-out cat with dope on him, takes him to an office, gets all the names he can squeeze out of him, scares him to death, then lets him go, giving him a bag of scag for the road. The cat's had it. If he won't come across, he's busted. So he keeps giving names of people he doesn't like much.

The cop has him set up deals, giving the kid on a string most of the dope from all the new busts. How many people have been busted with hundreds of dollars worth of dope on them, only to come into court and hear the cops say they found just enough for scientific analysis and conviction? When we can't trust members of our own life style not to get us sent to prison, how can we build love, trust, and brotherhood?

This is not the first time in history that heroin or other opiates have been brought into a moving society in order to destroy it. The British did it to the Chinese during the last century. It is a myth that opium comes from China. England imported it from India and Turkey in order to string out the Chinese and bring them under the control of the Empire. The People there rebelled with the support of their Empress and were defeated in the 'Opium Wars.' The Chinese people's resentment culminated in the Boxer Rebellion which was crushed by nine imperial powers, including the U.S. It wasn't until the early 1950's that the drug traffic was finally driven out of China by Mao Tse-tung.

Recently the C.I.A. has been pushing grass in Cuba, hoping to open up new markets for Smack by turning the people on first to the good shit, then to heroin.

So when Nixon and his little old ladies say that 'heroin is death,' they are intentionally clouding the issue by acting 'holy,' since they are helping the syndicate push it. They want to misdirect us into thinking the danger is only to our bodies, when, in fact, heroin destroys the spiritual vitality that exists between us.

There is no reason to try Smack, and less reason to get strung out on it. People who try to get you to do it once are pigs—worse than the uniformed kind—in our community. They will keep us from freeing ourselves, and we do have to be together in order to do it.

We can beat the scag dealers by not only refusing to score junk from them but also by not scoring our grass, acid, or mescaline from them. Don't buy anything from the cat who sells junk! Call him a pig. He's earned it and more.

SMACK THE ENEMY

FEED THE PEOPLE

A consciousness is developing in the North Country about food. We all have known for a long time that our diet has been inadequate and even harmful.

But no real, acceptable alternatives have been offered. The health foods have been too expensive. The stores have been too hard to get to. Cooking information is scarce and undeveloped. Health foods have been more a luxury for food faddists than a realistic, basic way of life possible for everyone.

The People's Pantry is one step in making whole, natural foods available to everyone regardless of financial situation. It is also a possible alternative to food stamps and welfare. We are going to have to learn to feed ourselves.

Another step in making revolutionary change in our diets is to get good food information put together. Cooking healthful foods does not mean a bland or bad-tasting diet.

The purpose of this section on food is to present some ideas--a collage of recipes. Season with imagination.

Grains and vegetables have been man's principal food throughout history. Every great culture cultivated corn, rice, millet, wheat, barley, oats, rye or buckwheat, and these plants were often worshipped as the sa cred source of life. Unlike our modern age this simple way of eating was the universal commonsense of man kind.

Today man continues to depend on these unique products of the vegetable kingdom whether he takes them di rectly or indirectly. According to a recent study made by the U.S. Department of Agriculture, "Rice and wheat are man's principal foods." Their findings showed that over half of the present world's nourishment came from grains, and that more than seventy percent of our croplands are devoted to their production.

Our ancestors called grais the "Staff of Life." Jesus said "Give us this day our daily bread." Every year archaeologists discover grains in the most venerated ancient cities. Modern chemical analysis shows us why. They are a complete, balanced, whole food, containing abundannt carbohydrates, proteins, fats, minerals and vitamins.in excellent proportions. One hundred grams of brown rice, for example, contains 337 calories, 15.5 gm. water, 7.4 gm. protein, 2.3 gm. fat, 72.5 carbohydrate, 10 mg. calcium, 3 mg. sodium, 300 mg. phosphorous, 1.1. mg. iron, and are especially rich in the important B vitamins.

There is another aspect of grains which is often overlooked by nutritional studies. They have life. As long as they are kept in their natural wholeness, they can sprout and flourish even after centuries of storage.

The story of grains seems to reveal the true history of mankind. Whenever they have grown, civilizations and culture have flourished; when they have been abandoned, man has become more chaotic. Our ancestors built this country with strong bodies and clear judgement.nourished by grains. They cooked oatmeal, baked their own bread, prepared vegetables, picked from their own gardens, and ate much smaller proportions of ani mal food than we have become accustimed to today. They were strong and they knew the purpose of life intuitively. Today even the small portion of grains consummed (9.5% of our total diet, according to the 19 68 Centennial Edition of the World Almanac) is refined and treated.

Grains are a unique product of the vegetable kingdom which combine the beginning and the ending, the seed and the fruit, into one compact unity. Some say that eating grains develops an embracing view of life which includes everything because of this wholesome structure. Perhaps this is true, for all great religions and cosmologies were born in counties which depended on grains.

The simple foods presented in the next few pages have been the traditional Food of Man for thousands of years and have fed strong workers, great men of the highest judgement, and enduring civilizations. There are thousands of people throughout the world today who have found through their own experience that eating this way gives them a healthy body and a clear mind.

(thanks to Cooking Good Food, last paragraph freely adapted)

PEOPLE'S PANTRY

The Pantry has moved to a new location, Riverside Presbyterian Church, Riverside at 20th ave. South, West Bank. As before the food will be sold at cost.

The purpose of the Pantry is to make healthful staples easily available to all the people. This means first finding the food sources and second making them accessible to even the poorest hippie.

To avoid waste and keep expenses at cost, we don't prepackage. All food is measured at time of purchase. Bring your own containers.

Profit is eliminated by making shopkeeping a spare-time activity.

The People's Pantry will be open at the same time as the free services already operating in the church, 5-9 p.m. Tuesday, Thursday and Saturday.

The initial investment in the food must be donated so that no one needs a return on his investment. If you have any ideas or money talk to the people at the Pantry. With a larger investment we will get into some or all of the following:

grinders, barley, corn meal, dried beans, herbs, cheese, teas, sea salt, buckwheat groats, organic unground wheat and corn, soy sauce, carob.

AVAILABLE NOW are stoneground wheat flour, rye flour, honey, oil, molasses, old fashioned oatmeal, raisins, and raw spanish peanuts, sesame seeds, and sunflower nuts. Short-grain brown rice is ordered and will be available around the end of August.

The 10-day brown rice diet is strongly NOT RECOMMENDED by the macrobiotic people. If you're intending to start watching your yin and yang, they suggest you allow 25% of your diet for anything you might desire, and eventually you'll naturally cut out the garbage.

GOOD FOOD

BAD FOOD

BEWARE DDT POISONING

FOODS SUPER HIGH IN DDT:

Dairy products--butter, milk
cheese
Meat
Fish
Eggs
Nuts (oily)
Most fruits and vegetables

FOODS SUPER LOW IN DDT:

Grains
thick skinned fruits
beans
leafy vegies--wash well
all organically grown food

SAD isn't it--even organically grown food is exposed to DDT spray from near by fields and DDT left in the soil from previous land users.

WASH ALL FOODS WELL

FAST FOR A FEW DAYS to break down the poison in your body...then (voila!) START EATING FOODS LOW IN DDT.....

SUGAR is pure carbohydrate. It has no other nutritive value. Studies done for the manned space program show that sugar in large quantities drastically and immediately elevates the blood pressure and cholesterol production to very dangerous levels. It also spoils your appetite for the food you need to keep healthy.

WHITE FLOUR, even enriched, contains only four of the 23 vitamins and minerals contained in whole wheat. When you take in one or more of the B vitamins alone, your need for the others increases. Consistent use of "enriched" refined cereal products will produce deficiencies of the other B vitamins. White flour contains phytic acid, which makes it hard for your body to absorb calcium. White flour also tastes like paste.

RANCID OILS, that is, those which have been exposed to oxygen at room tempature for more than a day or two, are poison. They have oxidized and are no longer of nutritive value, and they prevent the vitamin E and fatty acids in other foods from being used. Refrigerate all oil, and store all flour in as cool a place as possible. This applies to any food containing fat or oil.

BAKING SODA (and baking powder that contains soda) destroys the B vitamins in the flour and other ingredients. Stiffly beaten egg whites or yeast will raise corn bread, muffins, pancakes, etc., and are more

MEAT is not necessary to your health. Every nutrient it contains can be found adequately in vegetable foods, and the vegetable forms of the nutrients are often easier to absorb. Animals grown for food are fed many drugs and chemicals that you probably wouldn't want to take yourself. When they are killed they are frightened, and the meat is permeated with adrenalin and other hormones that city people secrete too much of already. Probably the less meat you eat the better, if you replace it with protein-rich vegetable and dairy foods.

(taken from Nutrition Pamphlet--author anonymous)

HOW TO ROAST NUTS AND SEEDS

OVEN. 300°. Place 1 layer of raw nuts on a shallow pan or cookie sheet with sides. Stir or shake frequently. Watch CAREFULLY.
TIME. 20 minutes maybe. Try roasting peanuts at 350°.
PAN. In a dry frying pan toast nuts or seeds over low medium heat until done. Stir frequently with a pancake turner. It takes a little practice and care to roast just to the point of good taste and texture.

CHEW GRAINS WELL. A large part of the digestive process of carbohydrates takes place in the mouth.

PEANUT BUTTER
SUNFLOWER BUTTER
SESAME BUTTER

Roast nuts on the light side.
Grind.
Add salt to taste and enough oil to make it spread or hold together.

GRANOLA (Dry Cereal)

oatmeal
wheat germ
wheat flakes
rye flakes
buckwheat groats

coconut
dried fruit
raisins
nuts

Toast and mix all or part of these ingredients. Store covered in a cool place. Delicious! (Toast coconut very carefully for a short time as it burns easily.)

VEGETABLES

A word or two about vegetables. .... it is best to eat them raw. Be sure to chew them well. If you must cook them, DON'T OVERCOOK. To avoid vitamin loss, don't peel soak, or boil them. TO AVOID DDT POISONING USE ORGANICALLY GROWN VEGIES.

One method of cooking is to steam. You need just enough water to cover the vegies. Cover the pot tightly and steam until tender. Hold your seasonings until just before serving. Always serve the before serving. Always save the water for base in soups, stews, or even bread.

Another cooking method is to saute. Cut vegies diagonally and again lengthwise. Saute in a little sesame or vegetable oil. Add a little water to cover the bottom of the pan; cover and cook on a low flame. When vegies are cooked and all the moisture is evaporated, add salt. tamari soy sauce, seeds, or nuts to taste.

Rye flour does not have the elastic gluten that wheat flour does. For a lighter rye bread, use 1/3 whole wheat to 2/3 rye or even half and half.

SUBSTITUTE WHOLE WHEAT FLOUR FOR WHITE FLOUR IN ANY RECIPE

MEATLESS CHOP SUEY

onions
celery
water
soy sauce
drained bean sprouts
water chestnuts

Slice vegetables. Saute onions

and celery. Add sprouts, water chestnuts, enough water to cover the bottom of pan 1/4" and soy sauce. Cover and steam until sprouts and chestnuts are hot. Season and serve.

GINNY'S SOURDOUGH

Sourdough is a leaven famous in backwoods cooking because a bit of the fermented dough can be saved from one batch and used as yeast for the next. Early settlers made their own starters and it was one unhappy cook whose starter bag was spilled or spoiled since some starters are simply better for flavor or as a leaven. Dried starters are available commercially from Country Kitchen, 3150 Fillmore St., San Francisco. For local people interested in sourdough cookery I have a fifty year old starter from Alaska that I've had for three years. If you want some, I'll have some on hand at Al's Breakfast on August 19 and 21, or pick some up at the People's Pantry. Bring your own container. You will need about 1/2 cup.

Sourdough may be used for any bread or quick bread where a leaven is needed. Cookbooks are available, but the recipes usually call for baking powder or soda. These ingredients are unnecessary if you substitute lukewarm water for the liquid called for in the recipe and add to it the flour and your starter. Let the mixture sit overnight. The next day take out half a cup of the batter to save for your next starter and proceed with the recipe omitting the baking powder or soda. Here are my basic recipes for pancakes and bread which should get you started. Don't be afraid to use different flours and don'd worry about measuring; you'll soon learn to make things by how the batter

SOURDOUGH PANCAKES

Add to starter the evening before:
1 1/2 Cups lukewarm water and enough flour to make a whipping cream like consistancy.
Cover and let stand in a warm place.

In the AM take 1/2 cup starter and put into refrigerator. To the rest add:
2 Tablespoons honey or sugar
1/2 Teaspoon salt
2 Tablespoons shortening
1 Beaten egg
Enough water to make thin batter like heavy cream (I rarely add water.)
Bake on a *Hot* griddle...hotter than for regular pancakes...serves 2 - 4 people. For waffles make a very thick batter the night before and add 2 table spoons more oil to make the batter.

Honey is sweeter than sugar. Try using 2/3 c. honey in place of 1 c. sugar. The amount to use varies with the honey. Taste it. Add the honey with the liquids called for and cut down slightly on liquids. Experiment. Honey substitutes especially easily in bread and cookies. The most common mistake is using too much honey.

WHOLEWHEAT CRACKERS

Save some dough from the wholewheat bread batter. Work in additional flour. Roll out thin. Cut into small strips, squares, and diamonds. Arrange on an oiled cookie sheet. Prick with a fork. Bake for 8-10 minutes or until light brown, at 325°.

Variations: Add grated cheese, seeds, ground nuts or ground roasted soybeans to the batter.

(from natural foods cookbook)

SOURDOUGH BREAD

Mix together the night before:
2 lbs. med rye flour
5 Cups lukewarm water
2 Tablespoons salt
Sourdough starter
Cut out new starter and refrigerate. Dissolve 1 pkg. yeast in some water and add to sourdough. Knead in 1/2 and add to sourdough. Knead in 2 1/2 lbs. wheat flour. Let rise until double in bulk (approx. 2 hours). Brush with warm water and bake at 400 for one hour. Makes three loaves.

REMEMBER: ALWAYS SAVE 1/2 CUP OF YOUR BATTER FOR A STARTER FOR THE NEXT BATCH.

--Ginny Rovainen

SOUP

SOUP does not need a meat base. For instance, pea soup does not need a ham bone or even salt pork. It does need imagination! Basically, soup is water, vegetables, and seasoning.

ONE HOUR BARLEY and VEGETABLE SOUP

barley
onion
potatoes
carrots
cabbage
tomatoes
beans
liquid-water, stock, or vegetable water
seasoning

Put on the barley and water. Cut up vegetables and add 1/2 hour from the start. Season and taste 1/4 hour later. Serve 1/4 hour later.
(Barley expands alot)

EQUIVALENTS

c. =cup
t. = teaspoon
T.= tablespoon

OLD FASHIONED OATMEAL

1 serving	4 servings
1 c. water	4 c. water
1/4 t. salt	1 t. salt
1/2 c. oatmeal	2 1/3 c. oatmeal

Boil water.
Add salt
Then add oatmeal. Lower heat.
Cook about 5 minutes, stirring occasionally.

Beans and Lentils

Beans are one of the universal foods of mankind. They can be cultivated anywhere in the world, providing there is a 3 month growing season, and may be stored for an indefinite period of time if kept cool and dry.

All dried beans, peas and lentils are very important in any diet because of their high protein content. The proteins found in dried beans are complementary to the amino acids found in the protein of grains. Cereals are lacking in the amino acid known as Lysin; this can be supplied equally well by animal flesh or dried beans. The major difference is that dried beans contain less water and are not detrimental to health. The coupling of cereal and beans is more balanced than the association of bread and meat.

Dried beans, due to their lack of water, are not as easily digested as most other foods, so prolonged soaking and adequate cooking are necessary. Thorough chewing or pureeing are required for good digestion.

Aduki Beans

Aduki beans (also known as Azuki beans) are a small red bean native to Asia. They have been cultivated since ancient times in Japan, Korea and China. The cowpea, grown in the United States today, is a closely related species. Of all the beans, Aduki beans are of the best quality and are a good source of calcium, phosphorus, protein, iron and the vitamin B complex. They have a delicious flavor and are especially good for the kidneys. Aduki beans have a multitude of uses: they can be served alone or in combination with grains such as rice, cracked wheat, sweet brown rice, millet, barley or corn, and used in desserts such as pies and turnovers.

Black Beans

A very sweet bean grown in Central and South America where corn and beans form the staple food of the native people. They are also grown in Japan. Very good in soups or with rice.

Kidney Beans

The native bean of North America and now grown in many of the temperate areas of the world. Delicious with just about any other food.

Split Peas

These dried peas can be used year around to make delicious soups. They should be used infrequently, however, since they are comparatively high in potassium.

Soy Beans

A native of China, soybeans have been cultivated for thousands of years. Of all the legumes, soybeans contain the highest amount of protein. When cultivated under favorable conditions they frequently contain as much as 43% protein—more than twice the amount contained in beef steak. If protein is consumed in excessive amounts it produces many undesirable reactions within the body. For this reason, soybeans should be used sparingly. The people of the Orient realized this intuitively and devised several ingenious processes to alter the quality of the beans. Traditionally, the soybeans were preserved in salt and fermented for a long period of time (3 years is best). The resulting product is a thick, rich, salty and very tasty paste known as Miso. The remaining liquid is retained and becomes the soy sauce we know today.

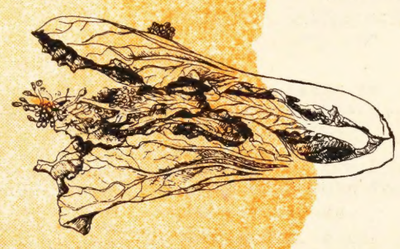
By
MIKI & LINI

GOSSIP

PYTHAGORAS WAS A VEGIE FREAK TOO. For healthy and harmonios living he recommended eating vegetables grains, a little milk and NO meat, fish or eggs. Look where it got him!

BASIC FOOD REFERENCES

Let's Cook It Right by Adele Davis
Back To Eden by Jethro Kloss
The natural foods cookbook by B.T. Hunter
The Health Secrets of a Naturopathic doctor, by M.O. Garten, D.C.
The Poisons in Your Food by William Longgood
Joy Of Cooking
Tested Recipes from the El Molino Kitchens
Cooking Good Food
Order of the Universe Publications
Box 203 Prudential Center Station
Boston, Mass. 02199
(price-$2.00)
(recommended)



Would you like home grown, garden fresh, vitamin packed greens in winter?

SPROUTS

Seeds contain the elements necessary to grow new plants. With heat and moisture they become rich in vitamins particularly the B-complexes.
The following seeds, whole grains, dried beans, and peas (untreated) can be sprouted successfully :
SEEDS- alphal
SEEDS- alfalfas, unhulled sesame, unhulled sunflower, radishes, mustard, red clover, fenugreek.
WHOLE GRAINS- wheat, rye, oats, corn, barley.
WHOLE DRIED BEANS AND PEAS- soybeans, lentils, green peas, lima beans, mung beans, chick peas, marrow beans, kidney beans, pinto beans, cranberry beans, fava beans.

METHOD FOR SPROUTING:

1. Select clean, whole seeds, grains, or beans. Remove any debris and broken seeds. Soak a small quantity at a time- remember that 1/4 cup dried seeds, grains, or beans will swell to 1/2 cup after soaking and to 2 cups after sprouting. Soak overnight.
2. Next morning drain off water and reserve as stock. Put seeds in sprouting containers (see below). Be sure cover fits loosely; sprouts need ventilation to develop.
3. Keep sprouts moist, warm and dark. A kitchen cupboard usually affords even warm heat. Sprouts will be ready to eat in 3-6 days, depending on the variety of seed as well as temperature.

SPROUTS ARE READY TO EAT WHEN:

The WHEAT sprout is the length of the seed.
The MUNG BEAN sprout is 11/2 to 3 inches long .
The ALFALFA sprout is 1-2 inches long.
The LENTIL sprout is 1 inch long.
The SOYBEAN or PEA sprout is 2 inches long

Use sprouts as soon as they are ready if possible. They are best served raw. If not used immediately they should be stored in a covered container in the refrigerator and used within a few days. To preserve their freshness
their crispness and nutritive value add them to any hot dish immediately before serving. Use both the bean and the sprout. The skin of mung beans can also be eaten.

SPROUTING CONTAINERS

COLANDER:
Suitable for large seeds, grains, and beans (corn, lentils, soybeans, whole peas and lima beans). Place drained seeds in colander and set in large saucepan or bowl. Cover. Small seeds can also be sprouted in a colander by lining it with a cheesecloth.

TURKISH TOWEL:

Soak turkish towel in water and ring it out. Place drained seeds on top of towel. Roll up. Use for large seeds, grains, or beans.

(Taken from the natural foods cookbook by Beatrice Trum Hunter)

After reviewing the establishment's new drug literature, we decided to publish our own alternative information. (Check out the articles included on this sheet.) One slick pamphlet called DRUG ABUSE: THE CHEMICAL COP-OUT, recently published by the Blue Shield people, opens with a word from that noted drug expert, Art Linkletter. As you might suspect, the pamphlet's title and Linkletter's introduction reveal certain value assumptions which are repeatedly expressed throughout the text. The primacy of bouregois life is a given and the existing worldview of Middle America is unquestioningly accepted. Rebellion is considered adolescent and some people's psychotic reactions to hallucinagenics are regarded as completely the fault of the chemical catalyst. The pamphlet does ask 'why are people, especially young people, making strong commitments to drugs and to the unreal world drugs help them create.' Although the pamphlet asks this 'most significant question,' it completely fails to answer it.

Instead, it begins with information on marijuana and quickly moves up the scale to harder stuff like heroin. The pamphlet speaks well of pot's effects, and one might wonder, 'Well what's all the fuss? Why not legalize it?' The only real answer the pamphlet gives to that question is that repeated marijuana use might lead to addiction to hard drugs. Oh yes, and group behavior under grass sometimes 'lacks sound judgment'(?). The booklet says nothing about the social cohesiveness of pot which (unlike liquor) usually mellows people and brings them together. The pamphlet's argument goes on to talk about amphetamines--especially speed--which are allegedly the next step after grass. (Ironically, many now do turn to amphetamines and other synthetic drugs because the government's anti-pot campaign has cut the organic supply down. Check out Abbie Hoffman's story on the last page of this supplement.) Much is made of the $100 million made on pot each year. That profit is nothing, however, compared to what a aero-space defense industry makes off just one jet-fighter boondoggle. If there is a big profit to be made off pot, why not legalize it and turn the profits to public use? LSD's bad qualities--as the pamphlet tells it--seem more tied to the drop-out youth culture, chromosome damage, and possible mental problems that it might amplify; than to its actual effects. The pamphlet bemoans that people who use LSD 'are searching for a change in time and space perception that recklessly abandons logic and reason.' Apparently, imaginative vision is a no-no in our stream-lined, technocratic society.

Toward the end of pamphlet, we are given 'Enforcement's View' and 'The Sociological View' as well. Enforcement's view is a liberal one: we need to know more about drugs (who can argue with that?); pot is relatively harmless but might lead to hard drugs; enforcement advises fewer penalties for possession of grass. Of course, more knowledge is needed but should research stop people from using organic drugs that mankind has use for thousands of years? Is there any scientific evidence that marijuana use is physically addictive? If not, why assume that it leads to hard drug use and addiction? And if pot is harmless, is it just to prosecute people for possession of it? 'The Sociological View' gets down to the real nitty-gritty. Seems that the real problem with dope is that its use is linked with rebellion and 'escape' from the world as the pamphlet writer knows it. Nothing is said about the creative, revolutionary potential of 'soft drugs'. Nixon's world of meaningless work, empty sex, and vacuous image-politics needs clear heads who can relate to the 'logic and reason' of a society that spends 80 billion dollars a year preparing for its own destruction. Why, asks Art Linkletter and the pamphlet writer, should anyone want to resist this one-dimensionality and try 'that famous end run around life--rebellion?'

We think some drugs do anything but afford the user a comfortable escape from 'reality'. Grass and acid tune you to your senses and often make you face things you've tried to forget. If the user freaks, it is probably because he or she is isolated and unable to come to terms with the contradictions of a society which exhaults life in the suburbs as the 'real thing'. We agree that all drugs should be used knowingly and people should beware of street drugs. We discourage the use of hard drugs because they kill the spirit and deter people from dealing with an oppressive society which drove them into isolation in the first place. But grass, acid, etc. can inspire people to new possibilities in life which can only be realized in revolutionary action. We think you have the responsibility to build a truly liberated society, but not one in which Nixon-Agnew-Mitchell & Co. dictate the terms. Get it together.

A Technical Fact Sheet . . .
to dispel certain myths and rumors
and replace them with new ones . . .

acid

Cynthia Edelman
& Stephen Erbach
from The Chicago Seed

Why is it called LSD? Why not LAD for the initials?
LSD was synthesized in 1938 at Sandoz Labs, Switzerland, by Stoll & Hoffman. Its effects weren't discovered till 1943 when Hoffman didn't wash his hands before lunch. They named it *lyserg saure diethylamid*—German for "evil destroyer of our nation's youth."

In what pharmacological category is LSD?
It's called psychotogenic, psychotomimetic, hallucinogenic, or psychedelic, depending on the attitude of the writer.

To what other drugs is LSD related?
LSD is an *indolealkylamine* like DMT, Psylocin and Ibogaine. These all have chemical structures built around serotonin, a substance always present in your brain.
Editorial rap: An imbalance of serotonin—such as is found in the brains of schizophrenics—can cause hallucinations. You can even turn on from shooting up blood plasma from a schizo (are things beginning to hang together?). This is why some shrinks call acidheads psychotic. What if they're right? Is a psychotic state always bad? Maybe enlightenment is a well-managed psychosis and the hysterical kid with the messed-up head has a mismanaged psychosis.

What is its physical form?
LSD is a crystalline white powder freely soluble in chloroform and less soluble in water. It can be packaged in anything—sugar cube, capsule, aspirin, Coke, cookie, fingernail dirt, postage stamp glue.

How is it administered?
Usually orally. It can be shot up but the effect's the same, and orally is cleaner. Note—you can't psychedelicize Chicago by doping the water supply. LSD breaks down in a few hours in water —faster in chlorinated water.

What's the usual dosage?
According to folklore, 100 to 250 micrograms—less than a speck of dust. But *no one really knows.* Acid is one of the most *dose independent* drugs known. You can't always vary effects by varying dosage—25 mikes might hit you like 1000 hits your friend. But no one's ever died of an overdose. In fact the big hassel is finding stuff good enough to get you off. Most street acid contains only a fraction of the amount necessary for a real trip. Also it may contain adulterants like amphetamine or even strichnine.

Why are the dosage rules different for LSD?
For a little headache, you take an aspirin. For a big headache, you take two aspirin, because it acts directly on your body while it's in your body. But LSD is a "catalyst" acting indirectly to trigger a chemical reaction that doesn't include the acid itself. All the stuff is in you already—the LSD just gives it a push and is out of your body before you start tripping out. It's only one of several triggers. You can do it with fasting and praying, with strobes, with a good orgasm.

How long is the trip?
Usually 8 to 14 hours. For some people a bad trip (psychotic episode?) can last days or years. You can also have recurrences—triplets or full trips that happen days, weeks or months after you've dropped. This can be a groove or a freakout depending how you take it. If you're afraid of losing your mind, you will. Superlong trips and recurrences are rare, but they *do* happen. One fact emerging from psychiatric research is that if you try to avoid the worst of your trip visions, they're more likely to keep bugging you as recurrences until you've had it out with them. If you try to live by the straight ideal of mental health—keeping the mental niggers in their place —it'll be hard to do so once you've dropped. Your chance of freaking out is highest if your head is messed in the first place, almost nil if you start out healthy, together and honest.

What are the possible bad side effects?
Several possibilities are listed by the NIMH:

Panic. We already talked about freaking out.

Paranoia. You get super-suspicious of people, think they're trying to control your mind, etc. This may or may not be a bad effect. You could be right.

Recurrences. We played with this one already.

Accidental death. Rare, but it has happened. It's a good idea to have a guide, preferably not tripping. But don't get one so straight he'll freak out watching you freak.

Loss of ability to think rationally, concentrate, etc. Lots of straights can't do this. Many would rather "free associate." Logic can be a help or a hindrance. How do you want to run your life?

Birth defects. The issue of LSD and chromosome damage is a huge hoax. Conceived in vindictiveness and nurtured in fear, the speculation that LSD may cause genetic mutation was magically transformed into a conviction. How? The first experiment—of highly questionable validity—was motivated "to show LSD isn't as innocuous as some people think," which should've disqualified the research right there. (*Science*, Vol. 155, p. 1417) The paper was used to launch a well-plotted and monstrously distorted publicity campaign. (Example: *McCall's* placed a full-page ad in the N.Y. *Times* with a picture of a malformed child captioned "This is an LSD baby" although the text stated that there are no known cases of birth defects due to LSD.) *Time* (Aug. 11, 1967) was forced to admit the charge was trumped up. Some studies indicate birth defects in rats, but rats are not human. Thalidomide doesn't bother a rat fetus—aspirin will cause miscarriage. Drop this on people who bad-rap acid: many times more chicks are taking acid than ever took thalidomide. Some are certain to be pregnant. If acid acted like thalidomide hospitals would be filled with monster babies. Where are they? At this writing there is much more evidence that caffeine (in coffee) and calcium cyclamate (in Sucaryl and Diet-Rite) cause chromosome damage, but you won't hear about this —commercial interests are too strong. If you're worried, don't drop during the 1st 3 months of pregnancy.

What are the possible good side effects?
WOW.....!

How does LSD achieve its effects?
There are many theories about this, most agreeing that it's a catalyst (see previous) but no one really knows. This is another reason doctors don't want you taking it and another example of doublethink. We used electricity for years without understanding it. We still don't know how aspirin works, though we know it causes nausea, gastric ulcers and death. About 40% of deaths from internal medicine poisoning are due to aspirin. No one, though, has advocated imprisonment for possession.

How can a bad trip be stopped?
While there is no antidote for aspirin poisoning, there are lots of ways to stop an acid trip. Niacinamide (a B-vitamin) is probably best and should be given by injection if possible. *Note:* orange juice would do, too, if you could swallow enough. Tranquilizers will bring you down but hard. *They are best used only when all else fails.* Thorazine (chlorpromazine) is a particularly rough downer—Librium's probably better. Shrinks tend to use tranquilizers when they panic at the sight of a kid freaking out, but the shock of coming down fast may be worse than the shock of expanded consciousness. Experience has shown that a good guide can "talk" you off a bad trip with much better results. The presence of a trusted friend may help a lot. You don't have to be a shrink to be a good guide.

Can LSD cause physical dependence?
NO! If you drop too often it loses its effect. Most heavy heads say don't drop more than once every 2 or 3 months so you'll have time to work with what you've learned.

What about psychological dependence?
Acid's not a comfortable escape from "reality." It makes you face things you've tried to forget. Alcohol & heroin are much better if you're into that. Nobody gets hung up on acid who wouldn't have gotten hung on something else anyway. Many who drop acid develop a set of values and goals which IBM would call unrealistic. Heads might have things to say about the values & goals of IBM executives . . . Let's live & let live. . .

Power to the WOODSTOCK NATION

BBIE HOFFMAN ASKS: 'IS NIXON'S ANTI--GRASS CAMPAIGN PUSHING PEOPLE TOWARD SPEED? IS THE POLITICS OF REPRESSION BEHIND THE GREAT GRASS FAMINE?

This is probably the first time this story has ever been told – pieces have been told but not this much. In the kind of work I do, I meet a lot of big dope dealers. Like I mean big ones. They get their kicks out of the Yippies as much as do the heads of the Rock Empire. They also help about as much. Once in a while they'll give a little free dope like for the Valentine's Day Marijuana Massacre, which cannot even be discussed, but they'll never give anything big and they'll never give any money – not one thin dime. The relationship has always been a strange one. They are after all capitalists, but then, too, they are outlaws. For the most part, they admire PIG NATION in the way the Mafia does, but, like the Mafia, they probably have a better picture of the corruptness of the institutions that rule the society than most people.* It takes a crook to know a crook and the dope dealers are well-qualified social critics. Their information should always be given a certain amount of respect.

From about 1964 to 1967 when grass really started to take off, most of the dealing was individual hustlin and some Mafia stuff. About two years ago certain dealers who had been gettin pretty good at it started banding together in mutual protective societies. It was the time for big mergers just like down on Wall Street. California had about the biggest but New York was plenty big. Big pot deals were made that involved tons of grass and hundreds of thousands of dollars. Slowly a GRASS EMPIRE began to emerge that had control of the market. Covering the market meant sewing up the huge pot fields in Mexico cause Mexico was where most of the grass comes from. Mexico was where the government and the customs inspectors were all bought off. Mexico was just across the border.

In the spring of '68 the government began to poke its nose around the pot fields along the western coast of Mexico. Down around Acapulco and Mazatlán on the Gulf of California where the big maestro (pot plantation owner) action was all going to the syndicates. Seems they wanted to try and sabotage a few deals and burn a few fields to cool out the border shipments. The Mexican government, too, put pressure on the plantations because the Olympics were coming in and Mexico wanted the world to dig its tequila, not its Acapulco Gold. It was nothing real heavy though the price of a key in one-thousand-ton lots went from fifty to seventy-five dollars and drove the street price in the U.S. from one hundred to two hundred dollars per single key.*

When Nixon came to Washington waving the law-and-odor banner, the Federal Bureau of Narcotics was one of the first agencies to interest him. He announced in his very first speech, his inaugural address if I remember right, that he was adding three hundred new narks to the team. That would now make about one nark for every twenty thousand heads, so a policy of simply busting cats on the corner was not the only thing that had to be done. The Narcotics Bureau ran down to Nixon and Attorney General Mitchell, who just gotta be allergic to grass, the BIG PLAN. That plan, which was already proving somewhat effective, was to nip pot in the bud. It was back to Mexico in the spring, with a lot more deals with the Mexican government, and a lot more chemical defoliants.

Not even the rich syndicates could outbid Uncle Sam, especially when he was drunk with imperialist determination. The maestros didn't give a shit and laid huge fields of pot on Uncle Sam, the way Senator Eastland laid on nonexistent fields of cotton. Agents shelled out the bread and proceeded to wipe out almost the entire crop. The syndicates had some stored on this side of the border, usually in heavy barrels buried in the ground, but it was nothing much at all. The price rose higher and higher. By August keys were bringing one hundred twenty-five dollars on the wholesale market in one-thousand-ton lots and a lot of hassle because the whole border operation was demanding bigger and bigger rake-offs. In New York City a key was going for as high as six-fifty and the price was expected to hit a thousand dollars by the end of the year.

Grass wasn't the only dope in trouble. Hashish started to fill the vacuum left by the grass famine but the narks, finding it impossible to do business in the Middle-East, tightened up customs inspections and began to use more foreign informers. Big hash busts, especially in the East, were becoming the order of the day. Large mescaline shipments were also being intercepted.

What the government was doing was to drive organic dope off the market! Ridalin, LSD, THC, DMT, synthetic mescaline, amphetamines, anything that

could be made into a pill, anything that was synthetic was in for good. There were plenty of pills and plenty more to come. They were less bulky than the organics. Many were quasi-legal and they could be manufactured inside the borders or smuggled in without much hassle. The government would find it harder to build up pressure against the synthetics seeing as how about two out of five Amerikans were going up or coming down with some kind of pill every day. The profits were mighty good on the pills and besideas with the speed (amphetamine) family the users oftenn got addicted, making more permanent customers. Soso what if the pills produced more aggressive, violent, nt, self-destructive behavior! So what if pills got youu hooked! It was the most amazing development in thee dope culture since the emergence of LSD. We werre turning into a nation of Speed Freaks and Nixon, thie used-car dealer from Whittier, California, was becomin the biggest pill pusher of them all!!!

POWER TO THE IMAGINATION

Well people, as explained above, grass prices are always increasing as the famine causes short supplies. We suggest that you check your local head shop for books on how to grow your own. (Check out 'Growing Marijuana', a pamphlet by Langdon Enterprises or the Vol. 5 No. 3 copy of the Chicago SEED.)

We do not talk much about smack, speed and other hard drugs. This is because we think they kill the spirit and isolate people---unlike grass which brings us together. The plague is coming West, featuring lower prices to lead us into temptation. We urge you to be very down on the needle trade and be very wary with hard speed like desoxyn even if you don't shoot it up. The way to deal with an oppressive society is to deal with it.

If you come into the city to cop, be aware that the rules you should be observing at home go double on the street. Some of them are: Beware of the friendly stranger. He may be a narc. Don't hold to be a bigshot. Stop and frisk happens whenever the pigs want it to. Meet out the people's justice to people who are passing bad dope. Merchants of death and paranoia-spreaders are enemies no matter how long their hair. Try to taste before buying, especially if you plan to pass your cop along. Always taste weed. It saves that embarassedoregano grin. Scientists, working for Uncle Sam, have now discovered what some of us have known for years. They recently found that 'street drugs'---like used cars---are not always what the dealer says they are. The solution is to know your connection. If he's a righteous dealer, he won't sell you anything he wouldn't take himself.

If you have questions or information about street drugs, call the Pharm House at 339-6952. And if you are freaked, busted, whatever, call YES at 338-7588. Check out The Bust Book, an Evergreen paperback that everyone should read.

SPEED KILLS TOO!

STEPPENWOLF

John Kay, bent over his microphone, roaring into it, prowling across the stage, looks like a hungry African lion in a rage. He has directed Steppehwolf to produce a primitive street sound with impact. Their music is (usually) tough and John Kay's vocals are (usually) tough.

* *

The Underbeats used to play Minneapolis teen clubs regularly. Then over a year ago they disappeared. They're back now with a new style and a new name. "Gypsy" they're called and they played warm-up-group for Steppenwolf Sunday night.

Gypsy came on like the usual imitate-the-super-group band. They played loud commercial chords that buried any idea of lead guitar runs or vocal mastery. They were very heavy, but heavy like being overweight.

No one likes to be overweight though and so Gypsy shed a few pounds for their last number, a long song which displayed some real musical knowledge. It was promising and hopefully they will continue in that area because their commerciality is a musical rip off.

The fire marshall finally had his revenge over the rush-the-stage-as-soon-as-the-lights-go-off people and refused to shut the lights off when Steppenwolf started playing. They remained on throughout Steppenwolf's entire set. People yelled 'shut off the lights' and John Kay told him to at least dim them. But Sunday was the fire marshall's Hour of Glory and so we all suffered. To make ma-ters worse half the P.A. sound system blew out and the music emerged pretty weakly from the speakers.

In disre-ard of these dificits (and powerless to do anything about them) Steppenwolf began. Their music was indistinct. Kay's vocals were inaudible and lacking their coarse power. The usual infusion of organ, guitar and harmonica was buried by a lead guitar that played either subliminally or overpoweringly. The best examples of Steppenwolf's failure to play good Steppenwolf music were Sookie, Sookie, Berry Rides Again and Corrina Corrina.

By John

It would have been an unbearable concert and a terrible defeat of my thorough enjoyment of Steppenwolf's revolutionary music if they hadn't done The Pusher. Wild and ecstatic, The Pusher tells a 'masculine' story of a violent life. It's perfect concert music that overpowers your mentality with musical strength.

The Pusher ended by turning into Born to Be Wild. Not done as well as on record it still carried enough of its anarchic excitement to make for an enthusiastic response.

Magic Carpet Ride finished their set and seemed to be a perfect summary of their concert. It was without musical integration and was mostly a weak confusion. John Kay later said he couldn't hear how his music was sounding to the audience because of the busted PA system and that may be why it lacked integration. But whatever the reason let us hope that next time they will be more together.

And let's hope that the lights will go off when the music comes on. And let us hope that the sound will be loud, and clear.

Gary

By John

WILD HARFWILD

NO MATTER WHO YOU VOTE FOR THE GOVERNMENT ALWAYS GETS IN

- STUDENTS TOLD AT NSA CONFERENCE

by Brian Coyle

"Student government just isn't what it used to be," or so concluded one former student body president observing the 23rd annual National Student Congress now in session at Macalester College. "We were satisfied with getting drunk and finding a few girls to shack up with. They are so serious and yet absurd," agreed another.

This year's Congress has the mixed atmosphere of a campus rally, political convention and basketball game. Plenty of long hair and bellbottoms, radical buttons and literature is in evidence. On the Congress floor, one delegation waves yippie flags while a group of local radicals sitting in the ga-lery sings the word 'revolution" repeatedly to the tune of Handel's Hallelujah chorus. The majority of NSA delegates seem at least rhetorically revolutionary--probably radicalized by last year's Moratorium and Spring Strike--though some liberal student leaders still seem satisfied with working within the electoral system--at least during next fall.

During the 10-day conference, liberal and radical delegates are considering various "crises" which face America today. A broad range of workshop topics include such focuses as racism, ecology, poverty, education, sexism and foreign policy. Evening appearances by 'name' speakers such as Jesse Jackson, Rennie Davis, Betty Friedan, Ramsey Clark & so on are supposed to give the student audience overviews to the general crisis. So far, all of the featured speakers have warned NSA's delegates that the time is getting short and the progressive forces in America must now be preparing to deal with the Nixon administration's next moves.

JESSE JACKSON

Noting that "it is in our mutual self-interest to help save each other,"the Rev. Jesse Jackson, head of Operation Breadbasket of the Southern Christian Leadership Conference called Sunday night for a coalition of young blacks and whites working for change. Perhaps referring to last year's chaotic NSA Congress which revealed deep divisions between the white majority & its small black delegation, Jackson said, "Our relationship, to be honest, is on shaky ground." He urged the NSA to further democratize its organization since "any group which doesn't have black, chicano and indian members isn't truly a national association--if this is to be a revolutionary body it must put away the old student government models."

Jackson emphasized that students "must have as much concern with domestic colonialism in America's ghettos as they do with imperialism abroad. Only when the domestic colonies are liberated will we be able to deal with imperialism abroad." Jackson warned the students that "Nixon is organizing the hardhats into vigilante groups, but construction workers and other Americans must not be deceived into thinking we are the enemy." "We must know who our common enemy is," Jackson observed.

Who is that enemy? "The Southern congressmen who have more power than the President and his whole Cabinet combined," insisted Jackson. How should students deal with the enemy? "Go to the bottlenecks of power by using the 18-year-old vote to seize their power." Jackson suggested that other tactics "to change the rules that govern America" include economic boycotts and local city-hall elections. "Be cool, be wise," he counseled those who advocate 'hot war' coalition "united around common denominators." He urged students to forget their petty differences," or armed struggle. "To those of you who talk about guns; you ain't going to shoot or vote--you're just going to be quiet when the action starts." He emphasized the importance of mastering psychological warfare techniques instead: "Use the other guys mind, of course." "Don't be so foolish," he warned, "to let the President and the press use you against others and at the same time justify his supression of you." "This fall we must not just react;we must counteract--are you going to seize the power,"he asked his student audience "or have a seizure before you do?" He repeatedly emphasized that"either we are going to get together like brothers or die like fools---our task is to create a new world; we're going to get a new government, take over city hall and put some tyrants away."

Even though the Congress gave Jackson a standing ovation, several delegates critized his analysis as rhetorically power-full but politically weak.
Some complained that Jackson's pragmatic emphasis on 'psychological war-fare' avoided the current reality of repression which many movement groups such as the Panther Party now face. Others pointed out that Jackson's basic premise, that a few Southern congressmen rule America, is incorrect. They claim that leading corporate managers and Pentagon strategists would be surprised to discover that they are really ruled by "a few Southern congressmen."

CHARLES GARRY

Monday night, Charles Garry, chief legal counsel for the Black Panther Party, repeated Jackson's call to "stop their bickering," and get together now to combat fascism.

Garry said it distressed him to see the left "so disorganized, so divided amongst itself while the enemy is advancing every day." He observed that "fascism is on its way"and that its repression is no longer a problem particular to minority groups. He cited the recently-passed District of Columbia Crime Bill which contains provisons on "preventive detention" and "no-knock." Garry said that "the alarming part is that neither lawyers nor anyone else who is supposedly concerned about justice did anything about preventing the passage of this bill," which he claims is "a pilot law that will be initiated everywhere." He emphasized that Mitchel & Co. don't want to "modernize justice;" they want to "short-cut it." He used several illustrations from the trials of Huey P. Newton, Bobby Seale, Los Seite, and the Panther 21, who he defended to support his claim that America is now witnessing "an exceleration of the police state." He urged the NSA delegates to join the fight against repression "in a collective way--whether on the streets or in the courtroom."

Garry also urged the students to examine the whole prison and jury system as well as the system of picking federal judges.. "We should do something about prisons since many of us will be going there soon," he said. "Too many of my friends are in prison. If I go I want conditions to be a lot better than they are now. Garry suggested that "prisons have to be torn down or converted into universities or hospitals." "Unless we organize to stop repression we won't even get limited victories like the one recently freeing Huey P. Newton," he concluded. He called upon America's students to support the efforts of local Panther chapters---such as the new one now starting in St. Paul-Mpls.--and emphasized that "the struggle for world solidarity must begin by ending the internal colonialism in our ghettoes."

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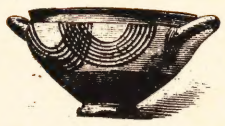

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FREE ORGANIC VEGETABLES OCCASIONALLY